

The Perryburg Journal.

PUBLISHED EVERY FRIDAY.

B. L. BLUE Editor.

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SPECIAL NOTICE.

Cards of Thanks, Obituary Poetry and Resolutions of Respect are published at the rate of 5 cents per line only. There will be no deviation from this rule.

If it be urged that the present fashions in women's dress contribute to their comfort and ease of motion, then, observe the current writer, by all means let the women keep the modes they have, says the Indianapolis Star. It is impossible that the present bizarre types of dress, with their extreme cut, should persist, nor, indeed, is it believable that some of the daring designs in dress—more often described as worn in Paris or New York than seen on the streets of inland cities—are really comfortable for the wearer, although each style has that defense. But in the subsidence from the novelties of the slashed skirt it is conceivable there will come new types of feminine wear really more comfortable than any that have gone before, and altogether more artistic than the modes of two decades or even a decade ago. Beautiful dress, like all else that is beautiful, must answer the inexorable tenets of abstract art, which are that, along with conveying a pleasure to the eye, the gown must be comfortable. No dress, however gorgeous its trimmings or its material, or however daring the conceit of its fashioning, is really pretty if it looks like an encasement rather than a habit. Therein lies the infinite superiority of the flowing robes of ancient Greece and Rome to the stiff garment of the medieval period, or Elizabethan times, the influence of which prevailed, in modifications, until the grandmothers of the present generation saw their hoops safely discarded after the Civil war.

The influence of a true character should never lack expression in some form. For instance, we heard the other day a great cause ridiculed and denounced in the presence of a man of positive convictions and who is always active for things that are right. But he was as silent as a tombstone during the deliberance of this invective. Why was he so? One clear note from him would have silenced the assailant. Not that his word would have done it; nor his utterance or arguments. His character would have done the work, says the Ohio State Journal. The influence of a clean, noble life set up against the adversary of good causes will always win a triumph. It may not provoke controversy or invite argument; that is a foolish course. The thing to do is to quietly but firmly dissent; to let the man know that his opinion is not approved; that he is fighting his own windmill. It is often a disquieting sight to see a clean, intelligent man smile in silence, while some moral desperado is attacking some sacred truth and utter not a word of dissent until the man turns away and disappears with an air of triumph. It makes one feel that the forces of evil are on the aggressive, while righteousness has retreated to cover and has abandoned the conflict.

A Lapsic scientist, Dr. Lobeck, has devised a new process of sterilizing milk, which leaves the properties and flavor unmodified. It consists of a more sudden heating than by pasteurization, to a temperature of 145 degrees Fahrenheit, followed by immediate cooling. The machine used in the process is easily cleaned and sterilized by operating it for ten minutes with very hot water instead of milk. It is a simple apparatus, and runs for hours without attention. The provision of an innocuous milk supply for great cities at a reasonable price offers one of the most important practical problems of the age. Sterilization is cheaper than application of the anti-tuberculin test to the herds. Properly conducted it is highly efficacious, because it ensures the wholesomeness of the product up to the time of bottling, destroying germs that may have found their way into the fluid after the milking. Its economy is a highly important feature.

Mail by aeroplane has been added to the government service abroad in advance of the adoption of this method by the United States. For some little time a fortnightly delivery for South America has been in operation from Paris to Panillac, there to catch the steamer sailings. And now, the French capital has regular connection with Nice by biplane. In the readjustment of the service in the United States, it seems possible that arrangements for aerial transportation may be advantageous.

BEAUTY AND SICK HEADACHES

These Are Sworn Enemies and Few Women May Keep Both—Some Simple Remedies.

If you are "subject" to sick headaches, then you may be pretty sure the marks do not disappear with the attacks, but remain to mar the beauty of your face. That drawn look, those circles under the eyes, the sallowness of the skin—they are all traces left of the headaches.

In nine cases out of ten perhaps this may be effected by exercising a little common sense, for whatever the primary cause, secondarily headaches are due to disordered nerves. The first suggestion, then, is control your nerves. Shut off the tension. Let yourself down. Close your eyes and shut out thoughts. Remain thus for five minutes, and tomorrow at noon repeat the performance, and then the next day and next and forever. Then put a watch over yourself and every time during the day when you catch yourself and your nerves getting tightened into knots "let down." A few weeks' attention, and you will find that you have those nerves pretty well under control, and if the headaches haven't stopped annoying altogether you are at least now in condition to deal with them.

Perhaps your system is in a weakened condition and you need a tonic which the doctor will prescribe; but ordinarily camomile tea may be just what you need, and certainly it is harmless. The less medicine the better, and never, no matter how disturbing the headaches, be persuaded to "try" powders or sleeping draughts. Better let the headaches take their course than commence that habit.

Eat simply, avoiding rich foods, and eat regularly and often rather than too greedily at a time. Drink plenty of water, including a glass of hot water with half a teaspoonful of baking soda in it once a week, and a glass of water with half a teaspoonful each of soda and cream of tartar half an hour before breakfast one morning out of the six.

Take plenty of rest, snatching a nap if for only five minutes, in the middle of the day. Beware of eye strain. Keep the eyes in condition by dousing them with water with salt in it every night, and keep clear of colds. In fact, use common sense to eliminate the recurrent headache.—Exchange.

HOW IS YOUR BOILER?

It has been stated that a man's stomach is his boiler, his body is his engine and his mouth the fire box. Is your boiler (stomach) in good working order or is it so weak that it will not stand a full load and not able to supply the needed energy to your engine (body)? If you have any trouble with your stomach, Chamberlain's Tablets will do you good. They strengthen and invigorate the stomach and enable it to do its work naturally. Many very remarkable cures of stomach trouble have been effected by them. For sale by all dealers.—Adv.

Find Health in Walking.

During the glorious days of early winter women who are looking for health should take up the simple exercise of walking. If possible a walking tour of two or three days, or even a week, should be arranged for the autumnal season, as the greatest amount of benefit will be derived from such an excursion.

Many women make the mistake of thinking that only the very robust should indulge in such an experiment. As a matter of fact, no greater error could possibly be made, as there is nothing which helps more to build up the body, soothe fretted nerves and rest a tired brain than just a simple walking tour. If delicate women took a week's walking tour there would be a remarkable decrease in the number of nervous complaints from which so many suffer. Insomnia, with all its attendant evils; neurasthenia, loss of appetite, depression of spirits, gradually disappear in the course of a walking tour. It has a perfectly marvelous power in restoring strength and giving tone to the system.

GOOD ADVICE.

A Perryburg Citizen Gives Information of Priceless Value.

When you suffer backache, Headaches, dizziness, nervousness, Feel weak, languid, depressed, Have annoying urinary disorders; Do you know what to do? Some Perryburg people do. Read the statement that follows. Its from a Perryburg citizen.

Testimony that can be investigated. Miss Carrie Hoff, Walnut & Seventh Sts., Perryburg, Ohio, says: "I know that Doan's Kidney Pills are a good kidney medicine. Some time ago one of my family who was suffering from dull pains across the small of the back and other symptoms of kidney complaint used Doan's Kidney Pills on a friends advice and they made a lasting cure. I have seen what Doan's Pills will do and don't hesitate to recommend them."

For sale by all dealers. Price 50 cents. Foster-Milburn Co., Buffalo, New York, sole agents for the United States.

Remember the name—Doan's—and take no other.

Additional Local.

—Hickory wood for sale. FRANK KAZMAIER, R. D. 2, Perryburg, O.

—The New Century Club held their regular meeting Thursday afternoon at the home of Mrs. Frank Hollenbeck.

—Mr. Charles Shimmie of North Baltimore, was the guest of his parents Mr. and Mrs. T. R. Shimmie on Wednesday.

—Mr. Charles Berlecamp of Toledo called on Perryburg friends Wednesday. They expect to move to Texas in the spring.

—Miss Ada Escott returned home Thursday from a three months' trip in the east. On her trip she visited at Washington, D. C.; Coloma, Md., and Philadelphia.

—The Misses Gladys Robison, Anna and Louise Leydorf and Messrs. Millard Roadamick, L. Snyder and Merlin Rhyer all of Toledo motored to the A. E. Laydorf home Saturday last.

—Mrs. B. Trombla, Miss Helen Baker of North Baltimore and Miss Mary Cramer of Bowling Green, attended the Recital given by Mr. Arthur Frazer of Chicago at the Toledo Conservatory of music Wednesday eve.

—The W. C. T. U. will hold a Frances Willard memorial service in the M. E. church parlor Tuesday afternoon, February 17. There will be a program and light refreshments will be served. All people interested in temperance invited.

Constipation causes headache, indigestion, dizziness, drowsiness. For a mild, opening medicine, use Doan's Regulets. 25c a box at all stores.—Advertisement.

FEEL MISERABLE?

Out of sorts, depressed, pain in the back—Electric Bitters renews your health and strength. A guaranteed Liver and Kidney remedy. Money back if not satisfied. It completely cured Robert Madsen, of West Burlington, Iowa, who suffered from virulent liver trouble for eight months. After four doctors gave him up, he took Electric Bitters and is now a well man. Get a bottle today; it will do the same for you. Keep in the house for all liver and kidney complaints. Perfectly safe and dependable. Its results will surprise you. 50c and \$1.00. H. E. Bucklen & Co., Philadelphia or St. Louis.—Advertisement.

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